

# Wolf Pack WARRIOR

Vol. 20, No. 2

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Jan. 14, 2005



**Wolf Pack members display culinary skills at O'Malley's Dining Facility**

*See Page 8*

## NEWS BRIEFS

### NCO Meeting

The Focus 5/6 group meets in the Loring Club's Olds Room each Tuesday at 3 p.m. This professional organization promotes professional growth and the fostering of supervisory and leadership skills. It is open to all staff sergeant selects, staff sergeants and technical sergeants as well as Army sergeant selects, sergeants and staff sergeants.

### Financial Answers

Airman who have finance related questions can now send questions via the new e-mail helpline to [money.matters@kunsan.af.mil](mailto:money.matters@kunsan.af.mil) or by calling 782-6636.

### Online Tuition Assistance

Airmen are now able to request tuition assistance through the Air Force Virtual Education Center. To start a request for tuition assistance go to <https://afvec.langley.af.mil>.

### Andro Ban

President George W. Bush signed Senate Bill 2195 which takes effect Thursday. The bill adds 18 substances to the list of banned anabolic steroids in Sec. 102 of the Controlled Substance Act. The most significant of these is androstenedione, a steroid precursor known as 'andro.' Under the new law, andro and its supplements will be classified as Schedule III controlled substances, similar to cocaine and heroin. As of the effective date, these substances may no longer be legally purchased. It will also be illegal to use these substances after this date even if the product was bought beforehand.

### Curfew Update

Effective immediately the current curfew policy of 12:01 to 5 a.m., now applies to all United States citizen civilian employees of the Department of Defense, all DoD invited contractors and all military and civilian dependents.

### CFC Results

Wolf Pack members who have a desire to contribute to the Tsunami Relief effort may do so through the Combined Federal Campaign Website at [www.cfcoverseas.org](http://www.cfcoverseas.org). The CFC search engine is located on the left side of the web page. It will direct contributors to the approved charity Web sites.



Photo by Staff Sgt. Michael Holzworth

## SNOW GUARD

In rain, sleet or snow, Airmen still work and it's no different for Senior Airman Misty Brown who checks identifications in the snow Monday. It has snowed off and on throughout the week and Airmen are encouraged to take extra precautions during the inclement weather. See Page 3 for tips on winter safety.

# COMPACAF visits Airmen, shares air component commander perspective

By Maj. Brad McDonald  
*Headquarters Pacific Air Forces*

HICKAM AFB, Hawaii – As Pacific Air Forces Commander, Gen. Paul V. Hester leads an organization of over 55,000 Airmen – officer, enlisted, and civilian. Recently, he outlined his vision and his priorities for the command, summed up in “Four P’s.”

♦ *Posture* our forces

♦ *Prepare and Provide* immediate and responsive combat capability

♦ *Promote* regional security and stability

♦ *People* – our greatest asset

Since taking command in July 2004, General Hester has logged more than 75,000 miles traveling throughout the command, visiting PACAF Airmen, praising them for an exceptional job, and spreading a consistent vision for the command’s future – firmly based on its mission.

The general outlined the PACAF mission in detail: to provide global vigilance, reach and power while defending the United States through air and space power in the Pacific. Specifically, PACAF provides warfighting capability to U.S. Pacific Command through integrated Expeditionary Air Force capabilities to defend the homeland, promote stability, deter

aggression, and swiftly defeat adversaries.

In keeping with that mission, General Hester’s vision for PACAF is to “bring the full power of America’s Air Force and the skill of its Airmen to promote peace and stability in the Asia-Pacific region,” and that will be accomplished by following to the “Four P’s.”

According to the general, the posturing of PACAF forces is the first critical aspect of supporting PACOM. PACAF is organizing a warfighting headquarters construct to provide a standing Joint Forces Air Component Commander who will be able to seamlessly fit into any Joint Task Force, as directed by the PACOM commander.

The WFHQ-Pacific structure will be a responsive and tailored command structure poised for any contingency, and it will demonstrate U.S. commitment to regional security as well.

Other force-posturing initiatives on the horizon include the stationing of C-17s at both Hickam and Elmendorf Air Force Bases, and the addition of Intelligence, Surveillance, and Reconnaissance/Strike assets at Andersen AFB, Guam.

Preparing and Providing immediate and responsive combat capabilities is the sec-

ond critical area of focus for General Hester, and to accomplish it, the command is leveraging the Aerospace Expeditionary Force concept in the Pacific region. The rotational bomber presence at Andersen Air Force Base, which has been in place since February 2003, is one example of that expanded capability. Additionally, exercise Resultant Fury ’05 in November 2004 demonstrated the ability to engage and sink moving maritime targets from the air.

Promoting regional security and stability, the general’s third priority, is accomplished in part through joint exercises and conferences with Asian-Pacific nations. The Pacific Air Chief’s Conference in September 2004 brought together senior Air Force leaders from countries throughout the region, and such exercises as Cooperative Cope Thunder, held in July 2004 in Alaska, foster improved interoperability with our allies.

“It’s through opportunities such as these that personal relationships are forged, which makes our future coalitions much stronger and more effective,” General Hester said.

Finally, people are our greatest asset. The general strives to ensure that Airmen understand their importance

to the mission – and the importance of taking care of one another.

The general recently shared some thoughts on the subject during his first Commander’s Call. “I’ve seen the excitement in the eyes of our Airmen throughout PACAF,” he said. “Our Airmen represent the best our country has to offer. They’re motivated, and they’re proudly accomplishing America’s business in this most important region.”

The command and the larger Air Force face two challenges in particular – suicide and sexual assault – which negatively impact quality of life, the general said.

Suicide is a “permanent solution to temporary problems at home,” the general said.

“Now, more than ever, there’s a need for each of us to take care of those we work with day-in and day-out. I firmly believe that we are a great Air Force in large part because “Air Force families lead Air Force families,” and as such, each of us as Airmen, need to be involved and in tune with our fellow Airmen ... their families ... and their needs.”

Sexual assault is likewise unacceptable. “We cannot have an environment where our Airmen feel threatened,”

the general said. “Airmen need to take care of each other, and it is up to you to ensure our people know and understand the limits of what’s appropriate and inappropriate behavior. This issue has the effect of tearing apart the fiber of our teamwork.”

Overall, Airman morale is high, and the general intends to keep it that way. PACAF’s Airmen play a critical role as the force structure undergoes transformation.

“PACAF’s mission is being met from Eielson in the northern region of Alaska to Diego Garcia in the Indian Ocean,” he said. “PACAF Airmen are engaged in international, challenging missions ranging from tensions on the Korean Peninsula and the China-Taiwan Straits, to defending against transnational threats such as piracy, drug and human trafficking, all while supporting the Global War on Terrorism.”

As he looks towards the horizon, General Hester sees exciting and challenging times. “It is a privilege and blessing to serve as PACAF commander as we embark on the challenges ahead,” he said. “May God guard this command and guide the decisions each Airman has to make.”

## WOLF PACK CRIME WATCH

Compiled by Wolf Pack Warrior staff  
*Courtesy of the 8th Security Forces Squadron*

### January 2

#### Cujo

An 8th Security Forces Squadron Airman said while he was feeding the military working dogs one of them lunged at his leg and bit his left arm. The shaken Airman was transported to building 405 for medical attention. The hungry dog was quarantined for 24 hours.

### January 3

#### Up in Smoke

An Airman called security forces to report a fire alarm going off in building 954. Security forces and fire department personnel were dispatched and upon further investigation discovered a malfunctioned control unit smoking.

### January 5

#### No Room for Mistakes

Security forces received silent alarm system from building 1305 via its alarm system. Upon further investigation security forces discovered that an Airman had set the alarm off. Security forces apprehended the Airman. Later investigation revealed the Airman was new to the procedure and mistakenly tripped the alarm when trying to enter the building. The Airman was released.

#### Misjudgments = Accidents

An Airman notified security forces that an accident occurred at building 2721. Investigation revealed an Airman was pulling his vehicle up to the building’s loading dock and misjudged the distance between his vehicle and the dock.

When he briefly took his eyes off the rear view mirror the vehicle impacted the loading dock. The vehicle sustained scratches on the passenger side of the car, a ripped turn signal and torn fiberglass from the wheel well. The loading dock sustained no damages.

### January 6

#### No Smoking Indoors

An Airman called 911 when he noticed smoke in building 1511. The Airman caught a vending machine smoking inside. Security forces were dispatched to alleviate the problem.

### January 7

#### Bloody Drunk

An Airman called security forces and complained of an was an in-

toxicated individual making loud noises in building 342. Security forces were dispatched and upon further investigation they discovered the drunken individual with a bloody nose. The individual refused medical attention and was released.

### January 8

#### Pop! Goes the Weasel

While on duty and entry control Airman had the outbound gate barrier raised during anti-robbery procedures, not realizing it was the outbound lane, a civilian entered the wrong way and punctured his front tires on the ground spikes.

The civilian stated that he did not realize he was entering in the wrong lane.

# Dozens of Airmen face retraining into new specialties

**RANDOLPH AIR FORCE BASE, Texas** - Many Airmen have taken their careers in their own hands by volunteering to change career fields or separate under the initial phase of the Air Force's FY05 Noncommissioned Officer Retraining Program.

In Phase I of the program, Air Force officials notified more than 3,000 Airmen selected as vulnerable to retrain and asked them to submit their choices of shortage career fields they would most like to retrain into.

As part of NCORP Phase II, 668 active-duty Airmen have been targeted for involuntary retraining into another Air Force specialty

chosen for them by the Air Force Personnel Center enlisted retraining staff here.

Phase II began Dec. 2 and will run through Feb. 28.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by putting Airmen where they are needed most," said Tech. Sgt. Catina Johnson-Roscoe, NCOIC of Air Force Enlisted Retraining.

"The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages," said Chief Master Sgt. Terrence Reed,

chief of AFPC's Skills Management Branch.

"We will work with those Airmen who are selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the Airman and his or her family while still meeting the needs of the Air Force," said Sergeant Johnson-Roscoe.

Vulnerability listings by grade and Air Force Specialty Code are posted on the Web and will be updated weekly on the Air Force Personnel Center's Web site at .

Anyone interested in more details about the program can contact the local military personnel flight.

## COLD FACTS ON WINTER SAFETY

Contributed by 8th Fighter Wing Safety Office

For many people, the most exciting thing about winter is that it gives way to spring. For others, the cold days and long nights are exhilarating and invigorating. Whatever your climate preference, be prepared to encounter the thrills and pitfalls of snow, ice, and freezing temperatures in the next several months. We can't protect you from the elements, but the following information can help you enjoy them safely.

### BRAVING THE COLD

Before you step out the door, dress for the weather. Dressing in several layers of loose-fitting clothing will provide the best protection from the cold. The first layer of clothing should be able to wick moisture away from the body because sweat chills quickly if it remains trapped against the skin.

Medium or lightweight polypropylene or a similar synthetic fiber is a good first layer material. Avoid wearing cotton because it does not have wicking ability and will trap moisture against the body and continually draw heat from the body's core. To avoid sweating, you can remove a layer or two as your body heats up. Perspiration increases the risk of frostbite and hypothermia. A well-designed system will have at least three layers—underwear, insulation, and an outer shell. It's easier to keep hands and feet warm if you keep them dry. Generally, mitten-style hand gear is warmer than gloves. Mitten or gloves should not restrict blood flow to the fingers. Wear wool or polypropylene glove liners for fine hand work, but be sure to place them back in an over glove immediately after finishing the task. To keep your feet warm, wear wool or synthetic socks and thick-soled waterproof boots with linings. Don't pack your feet in. You want to leave room for warm air to circulate

in the boot. On a cold day, 60 percent of your body heat can escape through your head. The neck loses heat almost as fast. Keep your head, face, and neck protected in wool or synthetic sweaters, hats or caps, and scarves. Lastly, protect your eyes by wearing polarized sunglasses to cut down on glare and possible snow blindness.

### SNOW FALLS GENTLY—PEOPLE DON'T!

Winter months bring snow and ice and unfortunately sometimes slippery walkways. Always be careful when walking outdoors. Wear appropriate footwear for winter walking. Shoes and boots should be in good condition with adequate tread. When walking on icy sidewalks or streets keep your body position slightly forward and put your feet down flat, not on the heel. Take short steps. Keep your eye out for icy spots on walkways. Slow down and walk in the clearest path available. Hold onto the stair railings

(both inside and out) when they are available. Most facilities will provide snow or ice melt chemicals in certain entrances to be utilized for outside entrances or walks. Snow is a neat thing on a ski slope but not on the bottom of your shoes. Clean them carefully upon entering a building. Slush on your soles can cause you to slip or fall. This will also help limit the amount of water being tracked into buildings making interior walkways safer for everyone else. According to the Kunsan Snow Removal Plan, facility managers are responsible to ensure snow removal is completed. Problem areas should be reported to the applicable facility manager. There may be times the snowfall is heavy or some other reason the sidewalks may not be clear, so be extra careful. Be careful when crossing streets-side snow drifts or icy curbs. Oncoming traffic may not be able to stop in time if you slip and fall onto the street.



## WHO'S YOUR WINGMAN?

THERE ARE SOME THINGS IN LIFE THAT JUST WEREN'T MEANT TO BE HANDLED ALONE ...

IF YOU NEED A WINGMAN THE BASE CHAPLAIN, THE LIFE SKILLS COUNSELORS, AND THE PEOPLE AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.

ONE SUICIDE IS ONE TOO MANY



## Are you an adventurous eater? Then be careful!

By Capt. Paul Kim  
8th Medical Operations Squadron

Sashimi, a Japanese word for raw fish, has become a delicacy for some. An adventurous person can enjoy this delicacy at a relatively low price in Kunsan. However, there is a "catch;" you may come home with a sick stomach.

Algae and parasites that live in fish may infect people if the fish is not fully cooked. Unlike fish, however, Armed Forces Medical Intelligence Center cautions "shellfish—including mussels, clams, oysters, and scallops—that ingest toxic microscopic algi organisms may concentrate the algal neurotoxins in their tissues." Ingestion of contaminated shellfish may result in paralytic shellfish poisoning (PSP). Even though PSP symptoms normally resolve within a few days, respiratory

distress and death are possible in severe cases. The acute effects of PSP may appear within one hour of consumption and may include tingling, numbness, burning of the lips, rash, and fever. If you experience these symptoms, contact the clinic. Since cooking does not destroy the toxin responsible for PSP, not eating contaminated shellfish is the best prevention.

If you are going to eat raw fish, a good rule of thumb is to only eat it during the months with an "R" in them. For example, it is safe to eat raw fish in September, but not in July. As mentioned above, since shellfish store the toxins in their flesh, contaminated shellfish may not be safe to eat during even the "R" months.

Bottom line. Eating raw fish can cause illness. So if you feel sick after eating it call the base clinic.

Fitness – Leadership by example

By Maj Alex Gaines  
8<sup>th</sup> Services Squadron

“When you start looking like Marines, you’ll start acting like Marines,” Clint Eastwood yelled to his troops in the movie Heart-break Ridge. Though, I left a few curse words out, the meaning is still there. All Airmen should now encompass this type of fitness attitude.

As leaders in the Air Force, it’s expected that we look like leaders. This doesn’t mean we have to look like Gunny Sgt. Highway or Captain America. This simply means that in order to lead others, you must first be able to lead yourself and make the appropriate lifestyle choices.

The Air Force mission calls for us to take the fight to the enemy through Air and Space. Here at Kunsan we are unique, as we are continually asked to perform “Marine” like actions. Thus, as supervisors we must lead from the front, and to do that you need to be in shape.

Once the proverbial “crap hits the fan” it’s too late to get your body and mind right.

During the first part of

Operation Iraqi Freedom, my previous services squadron went through 18 different Alarm Red, MOPP 4s. After the first two weeks, everyone was dragging due to the lack of sleep, long hours and extremely high operations tempo – but you could still tell who was in shape and who wasn’t. The leaders and go-getters were in shape and able to fully focus on the mission.

The Wolf recently gave squadron commanders a briefing on setting the right example. I firmly believe that the right example starts with fitness. As supervisor’s, we owe it to each Airmen to be physically fit ourselves. If you think every Airmen doesn’t take a hard look at their boss when it comes to fitness, dress and appearance then you’re sadly mistaken. This not only goes for direct supervisors, but for all officers, including NCOs and above.

First impressions are critical in the area of leadership. The Wolf Pack has a brand new \$12 million fitness center with almost every piece of equipment you can imagine. Cardiovascular and fitness programs are also available to

go along with it. This is a huge resource each Airman can and should take advantage of. There is always enough time here in Korea, so there is no excuse to not be in good physical condition.

If you need fitness advice, help getting into shape or other information, the fitness center staff is trained to assist. They will educate you on the equipment; show you how to properly use ; and introduce you to the other fitness programs available. Once you familiarize yourself with the equipment, the staff will also place you into a training program. It’s literally that simple!

The combination of a cardiovascular and weight lifting program is imperative in any fitness regiment. Cardiovascular workouts improve the heart’s capacity to pump blood, while lifting weights, (no matter the weight) will help your muscles work more efficiently. The combination and workouts will be different for each individual, but having a strong heart is just as important as having strong muscles.

Being a strong leader in good health, means more than just being physically fit.

There is a nutrition aspect as well. If you continue to eat the wrong foods (in large amounts) you’ll be fighting a losing fight from the beginning. Nutrition plays an equal role in health. Push away from the dinner table, as moderation and focusing on not overeating is key. Eating and exercising the correct way is a lifestyle choice that everyone around you can see.

Though this may seem like a harsh editorial, it’s imperative that all Airmen begin to focus on their individual physical fitness. I know people in their 50s and 60s who struggle with their health, because they didn’t take care of themselves early on. What you do now in the area of fitness and nutrition will reflect how you look and feel now and in the future.

Leadership and fitness go hand-in-hand. I firmly believe you can’t have one without the other. A leader ensures their Airmen understand the importance of maintaining a healthy and proper balance between work, fitness and nutrition. All leaders must show their Airmen how important fitness is, not by telling them, but by showing them through their own lifestyle choices.



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Col. William W. Uhle Jr.  
Commander, 8th Fighter Wing

*The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.*

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Tobacco decreases Airmen’s chances for mission success

By Maj. Belinda Haines  
8<sup>th</sup> Medical Operations Squadron

According to the American Cancer Society, approximately 440,000 Americans will die from tobacco related illnesses this year alone. That’s more than the entire population of Fairbanks and Anchorage Alaska combined. If you stop and think about it, that’s almost the entire population of the state of Wyoming. Globally, more than 4 million will die. An additional 50,000 Americans who do not even smoke will die from exposure to secondhand smoke.

Smoking causes an increased tendency for blood clot formation due to damage to the endothelial lining of arterial walls. It also decreases the levels of HDL cholesterol (the good kind) in

your blood and contributes to your risk for developing coronary heart disease, stroke, peripheral vascular disease, cancers and lung diseases. Antonia Novella, Md., a former Surgeon General for the US stated “Tobacco is the only product that when used as directed, results in death and disability.”

So you may be asking yourself, ‘who smokes?’ The cold hard truth of the matter is . . . 32 percent of those without a high school diploma smoke, 32 percent of black men, and 28 percent of white men smoke. Ladies, we don’t do much better with 24 percent of white women, 20 percent of black women and 27 percent of licensed practical nurses puffing away. You’d be correct in assuming the more educated you are, statistically, the less likely you are to smoke.

The nicotine in tobacco is reportedly 10 times as addictive as heroine. So what can you do to decrease your health risks? Do not start and if you’ve already quit don’t restart! If you’re considering stopping, whether it’s from smoking, snuff, or chewing, there’s help available. The Kunsan Health and Wellness Center offers classes and can provide medications upon the approval of our liaison physician, Dr. Christian Hanley.

As an incentive, the dental clinic is offering to evaluate participants for their teeth whitening programs. However, each participant must have completed the four classes and remained tobacco free for at least 30 days. Our next class formation will start Feb. 1 from noon to 1 p.m. and 5:30 to 6:30 p.m. For more information call 782-4864.



Wolf Pack  
Warrior

Vol. 19, No. 41

Defend the base  
Accept follow-on forces  
Take the fight North

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This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Wolf Pack Warrior are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

Content

The editorial content is edited, prepared, and provided by the 8th Fighter Wing Public Affairs office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.

Submissions

Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week’s edition. Submission does not

guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil) and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

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Hometown News

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at work?

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hometown news  
release.

# Wolf Pack members provide new shoes for 75 Kunsan orphans

*More than 35 volunteers set out to give their time, love to needy children*

By Airman 1<sup>st</sup> Class  
Juanika Glover  
8<sup>th</sup> Fighter Wing Public Affairs

Although children come in many different shapes and sizes with various personalities of their own, their basic needs are pretty much the same.

Food, shelter, clothing, love and attention can provide any child with the foundation for a productive life. But if any of those basic needs are missing, it's up to someone with a helping heart to step up to the plate and provide what's missing.

That's just what more than 35 Wolf Pack members did Saturday for a group of needy children.

When the orphans from the Ilmagwon Orphanage in Kunsan came to watch a holiday play at the base exchange, chapel members noticed their shoes were tattered. So the chapel took up a collection to purchase new shoes for the 75 orphans.

The volunteers paid the children a visit Saturday afternoon to personally deliver the shoes to each child.

"We wanted to do something special for the children and we knew they needed the shoes," said Chaplain (Lt.Col.) Dennis Hutson, 8th Fighter Wing wing chaplain. "The money we used to buy the shoes came from the chapel and humanitarian fund, which in turn came from money that people contributed to the chapel."

The chaplain said they



Photos by Airman 1st Class Juanika Glover

**Chaplain (Capt.) Andrew Suh, 8th Fighter Wing Protestant chaplain, and Chaplain (Lt. Col.) Dennis Hutson, 8th FW wing chaplain, pass out new shoes to children of the Ilmagwon Orphanage in Kunsan. They purchased 75 pairs of shoes for the orphans after noticing the children's shoes were tattered.**

went to E-Mart in Kunsan to purchase shoes for the younger children and for the teenagers they brought Converse sneakers from the Converse store in Kunsan.

When each child came up to receive his shoes, some of them were so excited they immediately put on the new shoes.

"I think this mission was very successful," Chaplain Hutson said. "They had the chance to see us in an organized fashion lending a helping hand and this was the first of many opportunities for us to come out and do something for the (children)."

The chaplain said he hopes to get volunteers to come out to do something for the orphanage at least once a month.

Mr. Kim, Ookjim, the orphanage director said he was so glad to hear from the chapel when they called and asked what was needed.

"The first thing I told them that the children needed the most was love from the volunteers," Mr. Kim said. "The shoes were a bonus and the children really enjoyed the experience of interacting with the Americans."

Aside from getting new shoes, the children also got to play a game of T-ball with the base volunteers.

Mr. Kim said he hopes that the Wolf Pack volunteers will continue to come to the orphanage to help the children.

He also stated that in the future, he hoped the volunteers would be willing to come to the orphanage to teach the children how to speak English.

"They really want to learn from the Americans and all the help we received is always appreciated," he added.



**An Ilmagwon Orphanage volunteer helps Kim, Chae, 4, try on his new shoes to ensure they fit.**



**Maj. Julie Walker, 8th Logistics Readiness Squadron commander, strings up a pair of Converse for a child. The teenagers, all recieved brand new shoes from the Converse store in Kunsan.**

Today

**Pre-Separation** - The family support center offers a pre-separation briefing each Friday from 9 to 10 a.m. in Building 755, Room 215, for members about to separate or retire. To register, call 782-5644.

**Personal Financial Management Program brief** - The family support center offers a PFMP briefing for senior airmen and below attending newcomers' orientation from 3 to 4 p.m., in Building 755, Room 215. For more information, call 782-5644.

**Free food night** - The Loring Club offers super social hour featuring a pasta buffet from 6 to 9 p.m. for club members.

**Howlin' Bowl** - The Yellow Sea Bowling Center offers Howlin' Bowl starting at 6:30 p.m. The cost is \$11 per person or \$50 per lane.

**Karaoke** - The Falcon Community Center offers karaoke from 8 p.m. to midnight.

**Movie** - The base theater shows "Ocean's Twelve," rated PG-13, at 7 and 9:30 p.m.

Saturday

**Movie** - The base theater shows "Ocean's Twelve," rated PG-13, at 7 and 9:30 p.m.

**Latin night** - The Loring Club offers Latin night in the ballroom beginning at 7 p.m.

**Racquetball tournament** - The fitness center offers a racquetball tournament beginning at 9 a.m.

**10K fun run** - The fitness center offers a 10K fun run beginning at 9 a.m.

**Ski trip** - The services squadron offers a Dragon Valley Ski Resort ski trip. The cost is \$225 for three days.

**E-Mart trip** - The Falcon Community Center hosts a shopping trip to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

**Movie** - The base theater shows "National Treasure," rated PG, at 6

and 8:30 p.m.

**Dart tourney** - The Falcon Community Center offers a 501 Double in, Double out tournament beginning at 3 p.m.

**Sunday brunch** - The Loring Club offers Sunday brunch from 10:30 a.m. to 1 p.m., cost is \$11.95 for club members.

**Super Bingo** - The Loring Club offers a \$1,000 give away during "Super Sunday Bingo" beginning at 2 p.m.

**Racquetball tournament** - The fitness center offers a racquetball tournament beginning at 9 a.m.

**Dollar bowling** - The Yellow Sea Bowling Center offers bowling games for \$1 all day.

Monday

**Nifty Fifty** - The Yellow Sea Bowling Center offers \$.50 bowling and \$.50 shoes all day long.

**Pizza and beer** - The Loring Club offers \$1 longnecks and \$.50 cent slices from 6 to 8 p.m.

**Triple Feature** - The Falcon Community Center offers triple feature movie madness beginning at 7 p.m.

**9-Ball Tourney** - The Loring Club offers a tournament beginning at 7 p.m.

Tuesday

**Movie** - The base theater shows "National Treasure," rated PG, at 8 p.m.

**\$2 pitchers** - The Loring Club offers \$2 pitchers and \$2 Kun Burgers from 6 to 8 p.m.

**Chess night** - The Falcon Community Center offers chess beginning at 7 p.m.

**Texas Hold 'em** - The Loring Club offers a Texas Hold 'em tournament beginning at 7 p.m.

**Ladies Night** - The Yellow Sea Bowling Center offers free bowling for ladies beginning at 6:30 p.m.

**Cooking Class** - The Family Support Center offers a Korean cooking class from 11:30 a.m. to 1 p.m., at the Sonlight Inn. The menu includes Korean dumplings "mandu." To register, call 782-5644 or email Sonkyong.Kim@kunsan.af.mil.

OF THE PRIDE PACK



**Unit:** 8th Maintenance Group  
**Duties:** Munitions loading crew trainer  
**Hometown:** Hagerstone, Md.  
**Follow-on:** Lakenheath Air Base, UK  
**Hobbies:** Reading and watching movies  
**Favorite music:** House music  
**Last good movie:** Troy  
**Best thing you've done here:** Travel around South Korea

Senior Airman Bobby Boone

*During Senior Airman Bobby Boone's time at Kunsan he has been immersed in daily load training activities across the spectrum. He masterfully prepared the Weapons Standardization Section's composite tool kit and tool room for the Munitions Activities Standardization Program inspection. He brought new life and a positive, "can-do" attitude into a neglected program, while simultaneously tutoring our new Lead Crew Members. Despite the pressures of being faced with multiple taskings, Airman Boone always pitches in where needed and continually puts the mission first. Regardless of the task or crisis, Airman Boone always delivers.*

Master Sgt. Kris McClure  
8th Maintenance Group, weapons standardization superintendent

Wednesday

**Movie** - The base theater shows "Seed of Chucky," rated R, at 8 p.m.

**Free food night** - The Loring Club offers super social hour featuring super subs from 6 to 8 p.m. for club members.

**Karaoke** - The community center offers Karaoke from 8 p.m. to midnight.

**Return and Reunion** - The family support center offers a return and reunion briefing for those about to leave Kunsan from 3:30 to 4 p.m. at the Sonlight Inn. The briefing addresses the challenges faced by single and married people as they return to their loved ones from Kunsan and is a mandatory briefing for all PCSing. No registration needed. For more information, call 782-5644.

Thursday

**Movie** - The base theater shows "Seed of Chucky," rated R, at 8 p.m.

**2-4-1 steak night** - The Loring Club offers 2-4-1 steaks from 5:30 to 8:30 p.m.

**Language class** - The family support center offers a basic Korean language class from 5 to 7 p.m., in Building 755, Room 215. The one-day class teaches reading and writing the Korean alphabet as well as basic expressions for shopping, dining and using public transportation. To register, call 782-5644.

**Free Shoe day** - The Yellow Sea Bowling Center offers free bowling shoes day all day long.

*To submit events for 7-Days, send an e-mail to Wolfpack@kunsan.af.mil. Submissions must include time, date, place, and phone number.*

Chapel Services

**Latter-Day Saint** - Services are Sunday at 3:30 p.m. at the chapel.

**Catholic services** - Mass is Sunday at 9 a.m., and every Monday through Thursday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment Monday through Friday, Saturday at 4:30 p.m. and Sunday at 8 a.m. R.C.I.A. is Wednesday at 7 p.m. in the chapel conference room.

**Protestant services** - General Protestant worship service is Sunday at 11 a.m. and the Contemporary

Praise and Worship service is Sunday at 6 p.m. Both services are conducted in the chapel.

**Gospel** - Gospel services are Sunday at 1 p.m. and the Inspirational Praise and Worship service is Friday at 7:30 p.m. at the chapel.

**Sonlight Inn hours** - The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m., Friday from 6 p.m. to midnight, and Saturday from 6:30 a.m. to midnight.

**Sunday School and Bible study** - The chapel hosts several schools and Bible study groups at the Sonlight Inn. For more information, call the chapel at 782-4300.

Free Classifieds

Volunteer Opportunities

phanage can call 782-5644 for more information.

FSC:

The Family Support Center has opportunities both on and off base. Call 782-3772.

American Red Cross:

Those interested in volunteering should call 782-4601 for more information on numerous opportunities.

Korean orphanage :

Wolf Pack members interested in volunteering at the local Kae Chong Or-

For Sale

**Nokia Phone:**  
Nokia 8587 phone with unlimited incoming calls and reasonable long-distance rates to the United States using a prepaid service rechargeable at the base exchange complex.

South Korea-wide reception and coverage. Includes charger and spare battery for \$120 or best offer. Call Charles at 782-7885 or 010-8671-1010.



January is National eye care month. Take the time out to care for eyes and prevent eye damage by remembering to wear safety goggles when working with hazardous materials.

Wolf Pack Wheels

**Monday through Thursday** Departs Kunsan at 7:30 a.m. and 1 p.m. and departs Osan at noon and 6 p.m.

**Friday** Departs Kunsan at 7:30 a.m., 3 p.m. and 6 p.m. and departs Osan at noon and 10 p.m.

**Saturday** Departs Kunsan at 7:30 a.m. and 10 a.m. and departs Osan at noon and 4 p.m.

**Sunday** Departs Kunsan at 7:30 a.m. and noon and departs Osan at noon and 5 p.m.

One-way tickets, available at the community center, are \$12.50 for general Wolf Pack members or \$11.50 for the airman morale program, and \$25 or \$23 round trip.

# Kunsan, ROK tourney forges friendships

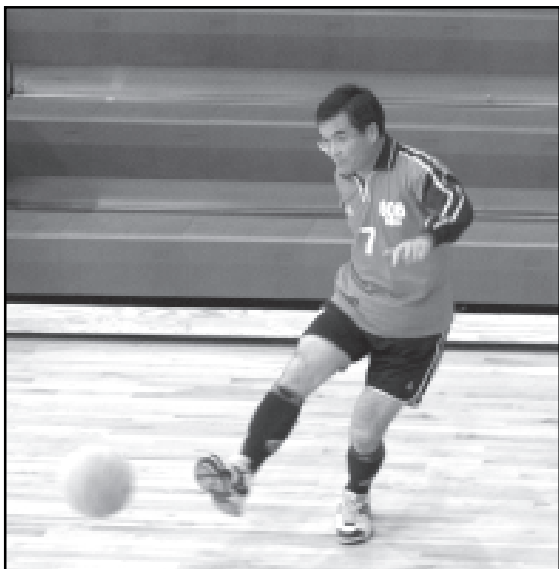
*Air Force, Korean soccer players move indoors for first round-robin soccer tourney*



8th Fighter Wing soccer players try to defend the court against one of the invited Republic of Korea team members during a "Friendship" tournament held at the base fitness center Jan. 7. Three teams played a round-robin format with the 8th Fighter Wing taking the championship.



Photo by Staff Sgt. Alan Port



One of the Korean soccer players passes the ball during action at the base fitness center Friday. The 8th Fighter Wing, 38th Fighter Group, (ROK), and Defense Security Command, (ROK), took part in the tourney.



(Above), Col. William Uhle, Jr., 8th Fighter Wing commander accepts the championship trophy after getting the better of the Defense Security Command (ROK) team in the final game of the round-robin tournament. (Left), Players came together from the 8th Fighter Wing and two Republic of Korea units to have some friendly competition after The Wolf and Korean commanders developed the idea at a recent social function. The 38th Fighter Group, (ROK), finished second and the Defense Security Command team rounded out the field.

## SPORTS

## SHORTS

All events, games or classes will be held at the base fitness center

### Today

- ♦ Spin class at 5:30 a.m.
- ♦ Step aerobics at noon
- ♦ Boot camp at 6 a.m. and 5:30 p.m.
- ♦ Cardio circuit (step and kickboxing) at 6 a.m.

### Saturday

- ♦ Two-day raquetball tournament at 9 a.m.
- ♦ 10k fun run at 9 a.m.
- ♦ Spin class at 4 p.m.
- ♦ Core conditioning pilates at 10 a.m.

### Sunday

- ♦ Raquetball tournament at 9 a.m.
- ♦ Dodgeball game at 11 a.m.
- ♦ Spin class at 4 p.m.

### Monday

- ♦ American League basketball game at 6 p.m.
- ♦ Spin class at 5:30 a.m. and 6 p.m.
- ♦ Step aerobic class at noon and 4 p.m.
- ♦ Cardio circuit (step & kickboxing) at 6 a.m.
- ♦ Over 30 basketball games beginning at 6 and 7 p.m.

ginning at 6 and 7 p.m.

### Tuesday

- ♦ National League basketball game at 6 p.m.
- ♦ Spin class at 5:30 a.m. and 6 p.m.
- ♦ Step aerobic class at 5:30 p.m.
- ♦ Over 30 basketball games beginning at 6 and 7 p.m.

### Wednesday

- ♦ Spin class at 5:30 a.m. and 6 p.m.
- ♦ Step aerobic class at noon.

- ♦ Kick boxing at 4 p.m.

- ♦ Core conditioning pilates at 5:30
- ♦ American League basketball game at 6 p.m.
- ♦ Over 30 basketball games beginning at 6 and 7 p.m.

### Thursday

- ♦ Spin class at 5:30 a.m. and 6 p.m.
- ♦ Step aerobics at 5:30 p.m.
- ♦ National League basketball game at 6 p.m.
- ♦ Over 30 basketball games beginning at 6 and 7 p.m.

# Airmen, civilians work together to feed Wolf Pack members

(Right), A busy kitchen is always expected before the afternoon lunch rush of the dining facility at Kunsan AB. These 8th Services Squadron members work diligently to prepare meals for hundreds of Airman and other Servicemembers. (Below), Chong, Pak, a Korean Government Service worker and a member of the 8th Services Squadron, makes sure the vegetables on the salad bar are fresh and sealed tightly before serving during the lunch hour at O'Malley's Dining facility. The dining facility employees come in early to prepare the meals of the day for Wolf Pack members. They ensure food is prepared in a sanitary environment they kept it at a certain temperature to ensure food is fresh and ready to eat.



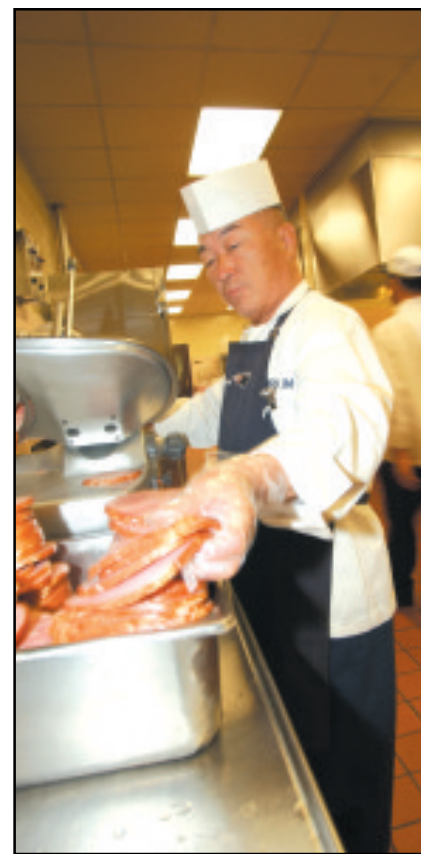
Photos by Senior Airman Katrina Shellman



A services employee washes potatoes before preparing to bake them for the afternoon lunch rush.



8th Services Squadron Production Manager, Tech. Sgt. Martigo Caldwell, gives assistance to KSG cook Kim, Tae Son with breakfast preparations.



8th Services Squadron, KGS worker Mr. Kim, Chon, slices ham in order to prepare for the dinner rush at the dining facility Tuesday.



1st cook, Staff Sgt. Glenn Garcia (right), 8th Services Squadron, oversees the soup preparation being cooked by KGS cook Pack, Chol, before the early lunch rush Tuesday.



Staff Sgt. Romeo Wilson, 8th Services Squadron, gives service with a smile to a fellow Airmen during the breakfast shift.